

Amendments to the Claims:

This listing of claims will replace all prior versions, and listings of claims in the application:

Listing of Claims:

- 1 1. (Currently amended) A support pillow comprising:
2 a pillow body having a medial region defining a center of the pillow body and two
3 opposing arms that define an outer periphery and an inner periphery, wherein the inner periphery
4 defines a generally open well;
5 at least one flap coupled to the pillow body at the outer periphery to adjust the
6 position of the pillow when worn about a user, wherein the flap is coupled to the pillow body at a
7 single location that is laterally offset from the center of the pillow body to facilitate easy
8 grasping of the flap when the medial region is at the user's front side.
- 1 2. (Original) A pillow as in claim 1, wherein the flap comprises a piece of
2 fabric that is coupled to the pillow body.
- 1 3. (Original) A pillow as in claim 1, wherein the pillow body comprises a
2 fill material that is encased in a fabric cover, and wherein the flap is coupled to the fabric cover.
- 1 4. (Original) A pillow as in claim 3, wherein the fabric cover comprises a
2 top piece and a bottom piece that are sewn together along a seam line, and wherein the flap is
3 sewn between the top piece and the bottom piece.
- 1 5. (Original) A pillow as in claim 1, wherein the flap comprises a first flap
2 and further comprising a second flap coupled to the pillow body at the outer periphery.
- 1 6. (Original) A pillow as in claim 5, wherein the flaps are coupled to the
2 pillow body near where the two arms meet the medial region.
- 1 7. (Original) A pillow as in claim 6, wherein the flaps are positioned about
2 12 inches to about 20 inches apart.
- 1 8. (Original) A pillow as in claim 1, wherein the flap extends from the
2 pillow body by a distance in the range from about 1 inch to about 6 inches.

1 9. (Original) A pillow as in claim 1, wherein the arms and the medial region
2 are generally curved to provide a curved exterior periphery.

1 10. (Original) A method for positioning a pillow about a person, the method
2 comprising:

3 providing a pillow comprising a pillow body having a medial region and two
4 opposing arms that define an outer periphery and an inner periphery, wherein the inner periphery
5 defines a generally open well; and at least one flap coupled to the pillow body at the outer
6 periphery to adjust the position of the pillow when worn about a user;

7 placing the pillow about a person's torso; and

8 grasping the flap and manipulating the pillow body to a desired orientation about
9 the person's torso.

1 11. (Original) A method as in claim 10, wherein the flap comprises a piece of
2 fabric that is coupled to the pillow body, and wherein the piece of fabric is grasped in the
3 person's hand.

1 12. (Original) A method as in claim 10, wherein the pillow body comprises a
2 fill material that is encased in a fabric cover, and wherein the flap is coupled to the fabric cover.

1 13. (Original) A method as in claim 12, wherein the fabric cover comprises a
2 top piece and a bottom piece that are sewn together along a seam line, and wherein the flap is
3 sewn between the top piece and the bottom piece.

1 15. (Original) A method as in claim 10, wherein the flap comprises a first flap
2 and further comprising a second flap coupled to the pillow body at the outer periphery, and
3 wherein the first flap or the second flap is grasped.

1 ~~15~~16. (Currently amended) A method as in claim 15, wherein the flaps are
2 coupled to the pillow body near where the two arms meet the medial region, and wherein the
3 flaps may be coupled with each hand.

1 ~~16~~ 17. (Currently amended) A method as in claim 16, wherein the flaps are
2 positioned about 12 inches to about 20 inches apart.

1 ~~17~~ 18. (Currently amended) A method as in claim 10, wherein the flap extends
2 from the pillow body by a distance in the range from about 1 inch to about 6 inches.

1 ~~18~~ 19. (Currently amended) A method as in claim 10, wherein the arms and the
2 medial region are generally curved to provide a curved exterior periphery.

1 20. (New) A support pillow comprising:
2 a pillow body having a medial region and two opposing arms that define an outer periphery and
3 an inner periphery, wherein the inner periphery defines a generally open well;
4 a pair of separate flaps coupled to the pillow body at the outer periphery to adjust the position of
5 the pillow when worn about a user, wherein the flaps are disposed near where the two arms meet
6 the medial region, and wherein the flaps are positioned about 12 inches to about 20 inches apart.